



# TOWNSHIP of OCEAN MUNICIPAL ALLIANCE SENIOR EXERCISE & SOCIAL CALENDAR

All Programs are held in the Waretown Community Center 239 11th St


For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

**RSVP requested for All speakers programs: PIZZA & BINGO / WED. WELLNESS / RWJ BARNABAS HEALTHCARE**

**SPEAKERS BUREAU**

**Sponsored in part by a grant from GCADA PAINT PARTY 2-23 FEE IS \$30PP REGISTRATION REQUIRED**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b><u>Tropicana Trip 6-30</u></b> <b>"The Magic of Bette Midler &amp; Barry Manilow</b> <b>Cost \$100pp (\$25 slot credit &amp; show ticket)</b>	<b>Mets vs Phillies Trip</b> <b>May 6th in Philly</b> <b>cost is \$75pp</b>	<b>1</b> 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	<b>2</b> 83:0 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	<b>3</b> 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be fit <b><u>12 LUNCH PROGRAM</u></b>	<b>4</b>	<b>5</b> 
<b>TOMORROW:</b> <b>RWJ Barnabas Speaker</b> <b>Kymberly Macaron</b> <b>Women's Health</b> <b>Imaging</b>	<b>7</b> 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES <b>10 am SPEAKER - LIGHT REFRESHMENTS SERVED</b>	<b>8</b> 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	<b>9</b> 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES <b>12 Pizza &amp; BINGO</b> 7P MAH JONGG	<b>10</b> 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit	<b>11 SPEAKER</b> <b>Horizon Blue 10am</b> <b>Effective Dr. Visits</b>	<b>12 Twp of Ocean</b> <b>RABIES CLINIC</b> <b>Cats 930a</b> <b>Dogs 10a</b> <b>Community Center</b>
<b>13</b>	<b>14</b> 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES	<b>15</b> 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	<b>16</b> 83:0 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	<b>17</b> 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit <b><u>12 PIZZA &amp; BINGO</u></b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21 NO CLASSES</b>	<b>22</b> 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	<b>23</b> 83:0 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	<b>24</b> 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit	<b>25 12PM</b> <b>BRAIN GAMES WITH</b> <b>SPRING OAKS ASSISTED</b> <b>LIVING—</b> <b>LUNCH PROVIDED</b>	<b>26</b>
<b>TOMORROW</b> <b>speaker</b> <b>The Residence at</b> <b>Stafford</b>	<b>28</b> 8:30 ZUMBA 9:15 TONING Small Room <b>10:30 SENIOR ADVISORY MEETING</b>	<b>3rd THUR. of each</b> <b>month BINGO &amp; PIZZA</b> <b>COMPLIMENTS OF</b> <b>BARNEGAT REHAB &amp;</b> <b>NURSING CENTER</b>	<b>2nd WEDS. of each month</b> <b>BINGO &amp; PIZZA</b> <b>COMPLIMENTS OF</b> <b>COMPLETE CARE AT THE</b> <b>HAVENS, TOMS RIVER</b>	<b>1st THUR. of each month</b> <b>Lunch , BINGO or Speaker</b> <b>Compliments of Home</b> <b>Instead Healthcare</b>	<b>EVERY WED. NIGHT</b> <b>745PM JUST UNWIND</b> <b>FREE CROCHET &amp;</b> <b>KNITTING GROUP</b> <b>SUPPLIES PROVIDED</b>	<b>PARENTS WHO HOST LOSE THE MOSI</b> 